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■ INSIDE

RURAL ROADS SMOOTHER

Sections of rural roads in Pelham will be a little smoother by the end of the month as crews contracted by the town repave and partially rebuild sections. It part of the regular maintenance carried out by the town each summer.
See story Page 3.

■ SERVICE: Sponsored by Fonthill Rotary Club

See Inside:

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WAYNE CAMPBELL Staff Photo

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Interact Club of E.L. Crossley Secondary School wraps up a busy year with a report to its sponsoring Rotary Club of Fonthill. From left are incoming president Charlotte Butko, treasurer Brianne Morgan, Rotary Club mentor Pat Duncan and out-going president Sarah Kerr.

Sarah's Interact Club reviews a busy year

WAYNE CAMPBELL
Tribune Staff

PELHAM - Sarah Kerr looked back on a year of giving to local and international programs at the

Rotary Club of Fonthill meeting Wednesday.

The outgoing president of E.L. Crossley's Interact Club rolled through a PowerPoint presentation for Rotary members at its new Cafe

on Main location.

The Interact Club is a high school version of the Rotary Club. It has operated at Crossley since 1994.

Kerr said the past school year had its moments.

She was worried, for example, whether the club would find enough volunteers to cover 11 routes for its Halloween For Hunger drive.

see INTERACT | 5



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■ COUNCIL: Legion past president

Don Cotter runs for Ward 2 seat

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM — Don Cotter, a 50-year Pelham resident and past-president of Royal Canadian Legion Branch 613, will run for town council in Ward 2.

Cotter, 61, is the first candidate in the two-member ward, which will have at least one vacancy in the Oct. 25 municipal election.

Ward 2 Coun. Sharon Cook will run against Mayor Dave Augustyn for mayor.

Cotter and his wife Beth of 28 years have three grown sons and four grandchildren. He is a former volunteer firefighter with the Port Robinson fire department.

As a retired purchasing agent, Cotter said he is interested in how the town buys its stuff.

"They have recently started using purchasing orders, which is good," he said but he would like to see the policies and guidelines for purchasing.

Cotter would review of staffing and use of consultants.

The number of staff is increasing but so it seems are the number of consultants, he said.

"You pretty well have to be on council to get information on these things," he said.

Cotter would like to see the town resolve the issue of land

the town bought at Regional Rd. 20 and Rice Rd.

"Either sit or develop it," he said, "It's time to make a decision."

Cotter is a former minor hockey coach and referee, served on the Pelham Sports Council, was president of

Pelham Slow Pitch League and he was a member of the mayor's ad hoc committee on recreation facilities.

He said he sees the benefit for the town of building a recreation complex with twin pads and a community centre.

"The town has lost the Silver Stick tournament because of a lack of facilities," he said. "It brought a lot of money into the town."

However, financing a complex would require grant money from upper levels of government.

Until last year's federal and provincial infrastructure money became available, Cotter said the town had a poor record for finding grant money.

He is concerned after infrastructure spending ends, it could be in the same situation.

Another issue is aggregate

mining on the Fonthill Kame and whether too much agricultural land "is being trucked out of the town," said Cotter.

He would also like to see recreational improvements in the Sulphur Springs area at the north end of the ward.

Ward 2 extends north from Foss Rd. between Hais St. and Centre St. It includes the north end of Fonthill above Regional Rd. 20 and spreads northward to Sixteen and Orchard Hill roads.

Cotter actually lives in Ward 3 on Sprucedale Cres. near the Ward 2 boundary of Hais St.

He said he used to live in Ward 2 and is happy with current Ward 3 councillors John Durley and Peter Papp. That's why he chose to run in Ward 2.

"Besides councillors have to deal with all of Pelham," he said.

For more information Cotter's e-mail is cotter2@cogeco.ca.

So far, others who have filed to run for town council are in Ward 1, Coun. Debbie Urbanowicz and Larry Clark, and in Ward 3, Coun. John Durley.

Council consists of the mayor and six councillors, two from each of the three wards.

Deadline for nominations is Sept. 10 with the election on Monday, Oct. 25.

ucampbell@wellandtribune.ca

■ WATER: First radio frequency reading coming in August

Meter replacement close to completion

MARYANNE FIRTH
PelhamNEWS Staff

PELHAM — Almost all of Pelham has gone high-tech. Town council received an update Monday night on the \$800,000 water meter replacement program that is nearing completion.

The project, which began in April, includes the replacement of 3,118 meters by Neptune Technology Group. The new meters have radio transmitters that can be read by a hand-held recorder from the street. The high-tech devices eliminate the process of visually reading meters, recording results and preparing and sending bills out as much as a month later. Data instead is read and processed almost instantly, with the billing process expected to take only a few days.

Neptune is working on schedule, having already replaced 98% of the meters, and is expected to have the replacements completed within the next two weeks.

Also included in the project, as part of the town's in-house meter replacement program, are about 1,200

meters that required only a meter head replacement.

According to a town staff report, this program has been delayed because of inaccessibility to a call centre for replacement appointments, limited staff and limited meter availability.

Neptune's assistance has been requested in completing the remaining 600 meters. The project is finished on time and



Peter Papp

within budget.

The first radio frequency reading is scheduled for the Aug. 31 billing, when all meters with radio frequency capability are expected to be installed.

Ward 2 Coun. Sharon Cook asked whether the replacements would allow town staff to identify issues quickly and efficiently, without problems going unnoticed for months.

The water meter software polls readings every 40 sec-

onds, said treasurer Carl Pupo. If the meter is not functioning properly and possibly running non-stop due to leakage, the water billing clerk will contact the resident to try and identify the issue.

The staff report states the program has already identified significant findings of water loss due to the old outside meter readers reading inside readers at a slower rate.

The 300 meter replacements input into the water billing system in time for billing ending April 30 resulted in \$34,386 in water loss adjustments — only 2% of the town's overall water loss factor.

Results of the August billing, when all meters are replaced, will be brought forward to council in September.

As complicated as implementing the replacement program has been, Ward 3 Coun. Peter Papp said the project will pay for itself.

He credited town staff and workers from Neptune for completing the project in a timely manner, and said the response from the public was "exceptional."

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■ **ROADS:** Regular summer projects

tempo

Sections of rural roads undergo resurfacing



Staff Photos

Over the next couple of weeks, eight sections of roads in rural areas of Pelham will receive a new layer of pavement, while five will undergo a deeper reconstruction. Top left, preliminary work for the reconstruction of Pelham St. in downtown Fonthill has begun. Crews are burying cable, which will eventually mean the removal of overhead wiring. The reconstruction project will extend from College St. to Broad St. Top right, this corner at Poth St. and Chantier Rd. will be reconstructed. Bottom right, crews have put down a fresh layer of stone at the corner at River Rd. and Cream St.

WAYNE CAMPBELL
 PelhamNEWS Staff

If you're driving through the rural areas of Pelham during the next couple of weeks expect to find road surfacing machinery in many areas.

The town's summer resurfacing program is under way on 15 sections of roads.

The work is scheduled to be done by the end of the month.

"It's part of our normal summer work," said Kelly Walsh, director of community and infrastructure services.

The resurfacing process includes the application of a single layer of bituminous surface treatment, as the town explains on its website.

The resurfacing includes: River Rd. from Niagara Central Airport to Cream St.; Staines St. from Pelland Road to south limit; Luffman

Dr. from Sulphur Spring Dr. to Orchard Hill Rd.; Cream St. from River Rd. to Webber Rd.; Cream St. from Chantier Rd. to Sumbler Rd.; Poth St. from Chantier Rd. to Sumbler Rd.; Clare Ave. from Quaker Rd. to Pelham/Welland boundary; and Memorial Dr. from Sunset Dr. to Centre St.

"A reconstruction process includes the recycling of the existing road surface into the road base, strengthening of the road base by adding granular stone material, and the application of a double layer of bituminous surface treatment," the town says on its website.

The program includes: Effingham St. from Roland Rd. to Sixteen Rd.; Chandler Rd. from Church St. to Balfour St.; Chandler Rd. from Cream St. to 500 metres west of Effingham St.; Roland Rd. from Cream St. to Centre St.;

Roland Rd. from Sulphur Spring Dr. to 400 metres west of Sulphur Spring Dr.; Foss Rd. from Farr St. to Church St.; and Centre St. from Sixteen Rd. to Kilman Rd.

Walsh said the use of the town's website, www.pelham.ca, to notify the public about road construction schedules and adjustments "has been working the way we expected it to".

The town is posting updates on the Haist St. reconstruction between Weland Rd. and Canboro.

"They are making really good progress," said Walsh with the road open to local traffic most evenings.

The replacement of water and sewer lines, rebuilding the road and putting in side walks will continue well into the fall, he said.

The other major road project, a reconstruction of



Pelham St. from College St. to Board St., is in its preliminary stages with hydro and telephone crews burying lines. The work is temporarily interrupting traffic.

More extensive work will begin in August and like Haist

St. will continue into the fall. The \$1-million replacement of playground equipment in nine town parks is not moving along as fast as the installation company predicted.

Walsh said it ran into

weather issues, site condition problems and delays in receiving materials.

However, he said town staff expected work to go into the summer holidays and it could be done in the next week or so.

comment

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perspective



Wayne Campbell
EDITOR

You just think you're bored

There is no excuse for boredom in midsummer.

No matter how much youngsters and not-so-youngsters complain they have nothing to do, don't accept it. The range of "things to do" will make you dizzy. Just check the Internet. At www.pelham.ca the town offers decays, swimming, parks throughout the town and an extensive range of cycling and walking trails. A parent with kids could tour the parks. It would take half the summer to spend some time in each.

The Pelham Public Library, at www.pelhamlibrary.on.ca, has a busy summer laid out with reading clubs, a summer reading program, single events for toddlers, children and young adults as well as a range of programs for adults of all ages.

The Niagara Peninsula Conservation Authority, www.npca.ca, has more than 30 conservation areas spread across the peninsula. Some offer specific summer activities.

If you want a summer project loaded with exercise, take on the challenge of visiting each conservation area through the summer. You can start at the St. Johns Conservation Area just over the border in Thorold.

Right in the northeast corner of Pelham we have Shorthills Provincial Park, www.shorthillspa.ca. Its trails and scenery will keep you busy for many a summer's day. Check www.friendsofshorthillspa.ca for tips on how to enjoy it.

Niagara Region, www.niagararegion.ca, can guide you through the peninsula, provide you with tips on how to improve your health as well as guides to an extensive system of cycling routes.

If you want to be less active and more artistic, local artists such as Bev Sneeth, www.bevsneeth.com, or Ange Geise at the Happy Place will be in attendance, or the artists at the Fonthill Music Academy, www.fonthillmusicacademy.com, will be delighted to sharpen skills.

If you want to overcome boredom, put your mind and body to it.

readers' views

Good work at local hospital

Sometimes we hear negative comments about long waiting times and changes to our health care system. My family can vouch for the excellent care given to our family member by the emergency team and ICU staff at the Welland site.

On Wednesday, June 16, my husband arrived at the Welland site of the Niagara Health System with symptoms of a heart problem.

He was assessed immediately and taken into the emergency treatment section where he was

made comfortable by friendly and attentive nurses, and diagnosed by Dr. Joseph Vedova. Next stop was the ICU.

We are truly blessed to have this facility in our community.

During the next six days, I witnessed many acts of kindness, professional compassionate care, teamwork and their patience during my husband's difficult times.

Their helping hands were there when we needed them, and we are grateful my husband was given a second chance. A sincere thank you to all.

Betti Michael and family
Port Robinson

A waste of money

Widening Highway 20 east of Fonthill is a waste of money. In the section that has already been widened, there is a constant line of traffic in the left lane, leaving the right lane completely empty. If a driver does not want to pass any of the cars, he's forced to pass the road to the right — quite a dangerous practice. I'm sure driver training schools teach the sensible "keep right except to pass" rule, but it seems to be forgotten by many after they pass the required road test.

David Fowler
Wainfleet

Frustrated with property progress

At a special meeting on June 15, council debated the future of the Town-owned property at the corner of Rice Road and Regional Road 420.

Council voted to "not dispose of any portion of the Town-owned lands in East Fonthill" until the resolution of three significant issues.



Dave Augustyn
MAYORAL VIEW

First, the lands must be converted from "Business Park" to other designations as part of the Official Plan review.

You see, in 1997 the Town designated 59 acres at Rice and Regional Road 420 as "Business Park." When the previous council purchased 32 acres of this property in 2005, they paid for it at \$7.9 acres were designated "Commercial" and with the intention of using most of the land for recreational uses.

Unfortunately, neither use is (or was) allowable in Business Parks. And, while the previous council started to do the designation, they stopped in April 2006 at the demand of a majority Landowners Group.

Then, as had been forewarned, the Province locked-in any such "Employment Lands" (including Business Parks) in June 2006; the only way to unlock that designation is through a "comprehensive review."

The current Council began that work in 2008 and is on track to (hopefully) change it in the new Official Plan in September / October 2010.

Second, the Landowners Group must finalize the East Fonthill Secondary Plan.

You see, the previous Council gave away control of the detailed planning process — called a "Secondary Plan" — to that majority Landowners Group in September 2006.

Despite this Council working as closely as possible with the Group and despite their 2008 and 2009 promises of minimum completion, the Group didn't file a first draft until this June.

Now, the rest of the process should take until at least the spring of 2011.

see AUGUSTYN | A5



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TFSA mistaken over-contributions

Our government introduced the Tax Free Savings Account (TFSA) as a part of our Budget 2008 — a flexible, registered, general-purpose account that allows Canadians to watch their savings grow, tax free.

The Tax Free Savings Account is the most important savings vehicle since the introduction of the RRSP.

This is the first account of its kind in Canadian history. It provides all Canadians with a powerful incentive to save.

We have been clear from the outset of this initiative that Canadians can contribute up to, and no more than \$5000 to their TFSAs. 2009 was the first year of the program and the response to the TFSAs has been overwhelmingly positive.

Approximately 4.7 million Canadians have taken out a TFSAs since the program was initiated.

However, over the last few weeks my office has been made aware that of the nearly 4.7



Dean Allison
FROM THE HILL

million Canadians who have a TFSAs, approximately 2% (70,000) have received a letter from the Canada Revenue Agency asking to provide further information about their accounts before June 30, 2010.

It seems that there was a legitimate break in communications with regards to how a TFSAs is intended to operate.

Our government recognizes that there was some genuine confusion about the rules for the TFSAs in the first year.

We understand that it may take time for some Canadians to learn about the program and for some financial institutions to properly inform their clients about this product.

Therefore we have decided to

extend this deadline from June 30 to Aug. 3 to allow ample time for Canadians to provide the necessary information about their accounts.

For the 2009 filing year, the first year of the program, we have taken the decision to be as flexible as possible in cases where a genuine misunderstanding of the TFSAs contribution rules occurred.

Our intention is to review each situation on a case-by-case basis and, where appropriate, waive taxes on excess contributions for this year.

For instance, individuals who used their TFSAs as a regular banking account in 2009, making deposits and withdrawals on a frequent basis, or who have transferred funds between TFSAs at different institutions, but whose net contributions never exceeded the 2009 limit of \$5000, may not be required to pay the tax on excess contributions for this year.

see ALLISON | A5

■ INTERACT

High school 'service club' aims to do one big project a month

FROM PAGE A1

Fifty students stepped forward and they collected 2,500 pounds of non-perishable food, which went to Pelham Cares.

"Here's what 2,500 pounds looks like in my basement," she said flipping up a photo of the event.

She outlined how the club assisted Crossley's Christmas Cheer program through which the school adopted 40 families. The students went shopping for gifts, diapers,

tooth paste and other items for ill Christmas hampers.

To assist in emergencies around the world, the club asked for donations from students for shelter boxes. Each unit contains a tent, bedding and supplies to house a family in an emergency.

The Interact club raised enough money to finance two shelter boxes, she said.

"Some students were even throwing in \$20 bills," she said.

Other projects included a Polos For Polio drive that

encouraged students to wear polo shirts and donate to End Polio Now.

The shirt day brought in \$150 and spotlighted a medical condition.

"Many thought polio was ended," she said.

The club arranged for funding and shipment of seven Pillows for the Troops in Afghanistan after hearing a story about a mother who lost a son.

In introducing the new executive of the club, Kerr said

it will make a shift this year.

The new president Charlotte Butko is a Grade 11 student rather than Grade 12. The change will provide two years of experience.

Butko said the club will make a strong effort to draw members from all grades.

Kerr has graduated from Crossley and will take nursing at the University of Western Ontario in September.

The new treasurer Brianne Morgan said the club faces an immediate financial chal-

lenge, finding money.

It donated to Haitian earthquake relief near the end of the term. Fonthill Rotary Club mentor Pat Duncan said the Rotary Club is set up like a Rotary club with rules of operation.

"It tries to do a project each month," she said.

"They are a very reliable group," she said. "The school's administration uses Interact to spearhead projects such as the Christmas Cheer program, which the school has

run for a number of years."

Duncan called the Interact members "amazing kids who get things done."

The Rotary club wants to raise the profile of Interact in the community so parents are aware of it when students talk about joining, she said.

The Rotary club also sponsors an elementary school club, EarlyAct, at A.K. Wigg public school.

wcampeh@wellandtribune.ca

■ AUGUSTYN

FROM PAGE A4

Third, the decision on the property's use should not be decided until council considers the recommendations of the Recreational Facilities Committee. While anticipating this past May/June, the Committee is now not expected to review the business case and final draft report until after the council's earliest Council could

■ ALLISON

FROM PAGE A4

If you received a TFSA return letter, you are encouraged to return the CRA letter by providing additional information or explanations that you may have in respect of your over-

contribution. It would then be October 2010.

As I stated during the meeting, I am extremely frustrated with this entire process. I believe that these planning issues should have been taken care of before the property was purchased; for example, the current Council rezoned property before we completed its purchase for the New Fire Station #2. I also never imagined it would take so

long to test the business case and answer all the community's questions about the need and costs for new recreational facilities. Please be assured that I will continue to keep you informed on these matters.

You may contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com

contributions.

If no additional information is provided or you do not contact the CRA, a notice of assessment will be issued.

Only at that time should you use the request for

taxpayer relief form or a formal notice of objection.

If you have questions about your TFSA, you are encouraged to contact the CRA at 1-800-595-8281 or visit our Web site at: www.cra-arc.gc.ca.

■ THURSDAY NIGHT CONCERTS



WAYNE CAMPBELL Staff Photo

One of the largest crowds of the Thursday Night Concert series season covered the hill around the Forthill Bandshell to hear Bill Culp's 50s Rock 'n' Roll Extraganza on July 15. In the centre photo, the members of Bill Culp's 50s Rock 'n' Roll Extraganza thrill the audience on a warm summer night. At right, a performer from the group mixes with young dancers at the Forthill Bandshell. The July 22 show features Forthill entertainer Lindsey Mills followed by Johnny Cash & Friends, Jim Yorlido's tribute to the Man in Black on July 29. Thursday Night concerts continue until Sept. 9 in Pelham Peace Park.

**What is the importance of healthy eating for denture wearers?**

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laded foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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■ **ENVIRONMENT:** Machines dredge PCB-contaminated muck out of Beaverdams Creek

Digging up toxic history in Thorold

MATTHEW VAN DONGEN
QMI Agency

THOROLD — You can just glimpse a view of one of Thorold's biggest toxic cleanups from the bike path along the Welland Canal.

An excavator was busy Tuesday digging out the Beaverdams channel between Lake Gibson and the canal, removing up to 6,000 cubic metres of muck contaminated with PCBs almost a half-century ago.

"I think it's wonderful that we're getting this stuff out of our creek, out of our potential water supply," Thorold Coun. Fred Neale. PCBs are not a good thing to have in the environment.

The hidden polychlorinated biphenyls date back to the 1960s, when the Georgia-Pacific plant on Allanburg Rd. recycled carbonless copy paper containing the once-ubiquitous chemical compounds. PCBs are toxic to humans and wildlife and were banned from products in the early 1970s.

A study ordered by the provincial Ministry of the Environment in 2004 found high levels of the dangerous chemicals in Beaverdams Creek.

Georgia-Pacific pitched a remediation plan that began in 2008, with machines dredging about 300 metres of the creek on company property and removing more than 3,000 cubic metres of contaminated sediment.

The second phase of the cleanup is now underway, with another 6,000 cubic metres of sludge scheduled to be excavated

I think it's wonderful that we are getting this stuff out of our creek, out of our potential water supply."

Fred Neale
Thorold city councillor

from an 800-metre section of the Beaverdams channel, placed in specially lined trucks and transported to a landfill designed to hold hazardous material.

A hi-tech mobile treatment plant is being used to clean water separated from the contaminated sludge.

"It's really something to see," said Rich Vickers, who heads the local MOE office. "It's a very significant cleanup. The company has really stepped up to the plate on this project."

Vickers said the cleanup is the culmination of a years-long ministry search for historical contamination in Twelve Mile Creek and its feeder waterways.

He said the discovery of high levels of PCBs and other contaminants in Lake Gibson in 2000 "really kickstarted" the search in Beaverdams Creek, which is eventually siphoned under the Welland Canal and pumped into the lake.

Vickers said the ministry is still on the lookout for age-old pollution in the Twelve Mile Creek watershed, but he added the Beaverdams Creek contamination "is one of the more significant sources."

Thorold Mayor Henry D'Angela

said the cleanup ranks among the biggest historic remediation efforts in the history of the city.

But it's not just Thorold residents who should be eager to keep pollution out of Lake Gibson, Neale added.

The man-made lake is the backup source of drinking water for the Decew treatment plant, which also feeds parts of St. Catharines, Niagara-on-the-Lake and Jordan.

A risk-assessment completed by Ontario Power Generation earlier this year recommended posting signs around the lake warning against boating and wading in the lake, or eating certain types of fish.

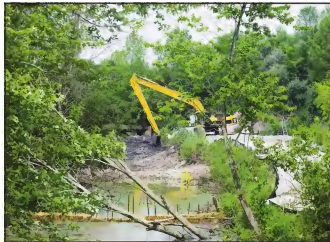
"It may say no fishing, but people have been fishing there forever, and they're not going to stop now," Neale said. "With this (cleanup), at least we're ensuring the problem isn't going to get any worse."

Most of the digging should be completed by the end of this year, but restoration work like tree planting may happen next spring, said Melodie Ruse, a spokeswoman for Georgia-Pacific.

Ruse said a timeline and question-and-answer pamphlet on the remediation work was mailed to area residents earlier this year.

The pamphlet said area residents might notice an odour associated with the removal of mud from the creek bed, but the work won't pose a danger to people or wildlife.

Vickers said ministry staff will make regular visits to the site to keep tabs on the cleanup.



JULIE JOCSAK QMI Agency

Work continues on the Beaverdams Channel, cleaning up soil laden with PCBs.

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PHOTO: J. JOCSAK

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■ OWENPALOOZA: July 30 event will fund a scholarship

Owen Harold's friends, family keep his memory alive

MARYANNE FIRTH
Tribune Staff

WELLAND — Owen Patrick Harold lived a life of passion. The young bass player loved music, was a dedicated environmentalist and a one-of-a-kind friend.

He was only 22 when he lost his life in a September 2008 car crash, but those closest to him have ensured Owen's memory and his passions live on.

The second annual Owenspalooza benefit concert will take over Auberge Richelieu on Friday, July 30.

Doors for the 19-plus licensed event will open at 6:30 p.m., with a steady lineup of live entertainment including performances by The Cruz, Bratwurst Days, The Mammoth Project and headliners These Three Cities.

Proceeds will go toward a scholarship fund in Owen's

name at Notre Dame College School, of which he is a graduate.

Owen touched a lot of people in the community and beyond, said close friend and event co-organizer Josh Learn. The lives he's touched is apparent in the more than 600 people who attended Owenspalooza's inaugural year.

This year's celebration falls just one day short of Owen's birthday, and organizers are anticipating the biggest crowd yet.

"It will be a major celebration," said friend Jordan Chasson.

"It's not a sad day, it provides some sort of tangible relief."

Added Learn: "It's a day when his friends and loved ones celebrate his life, when everyone can come together to remember."

Friends and family remember Owen's love for all things eco-friendly, and similar to last year, have placed that love at the centre of the event. The goal for the evening will be to collect no more than two bags of garbage, which was accomplished during the initial year.

Food, which is included in

the ticket price, will be provided by M.T. Bellies Tap & Grillhouse and The Rex Hotel. Environmentally-friendly plates and utensils will be available, and blue and grey boxes on site to ensure everything goes in its rightful place.

Learn said several local businesses and service groups have worked to support the event, both this year and last, including the St. Catharines fire department, for which Owen's father Gord is a firefighter.

Organizers are still looking for businesses interested in making a prize donation or providing sponsorship. For more information, contact Learn at 905-714-5098 or Alan Clarke at 289-969-4577.

Tickets for Owenspalooza are \$10 each and can be purchased at the door on the evening of the event, or in advance at M.T. Bellies, The Rex, Redwicks clothing at 32 Niagara St. and The Slushie Patio, 5851 Victoria Ave., Niagara Falls. Owenspalooza T-shirts will be available at the concert for \$10.

Organizers have hired a taxi company for the evening, which will provide rides within the city free of charge, to discourage people from drinking and driving.

For more information, visit the event's Facebook page by searching for Owenspalooza 2010.

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■ **AGRICULTURE:** Provincial food bank association joins forces with Ontario farmers to feed the hungry

From farm to the table for Niagara's less fortunate

MONIQUE BEECH
QMI Agency

Fresh fruits and vegetables straight from Ontario farms will be heading to Niagara food banks as part of a new provinciewide initiative.

Called Community Harvest Ontario, the idea is to connect farms with the province's 120 food banks and get greater amounts of healthy, local foods to those in need.

The goal of the Ontario Association of Food Banks food-sharing program, which launched Wednesday, is to distribute an extra 500,000 pounds of fresh food this year and up to 2 million pounds more within two years.

A portion of the goods will be sent from the Hamilton Food Share, a distribution hub, to sites in Niagara, including Community Care of St. Catharines-Thorold.

While several Niagara farmers are already generous to local food banks, more fresh fruits and vegetables are always welcome, said Betty-Lou Souter, CEO of Community Care, which also operates a food bank in Beamsville.

Souter said people living on the poverty line often can't afford fresh tomatoes, eggplants, peppers and peaches. There's never enough fruits and vegetables to go around at food banks, she said.

"Anything where you can get more fresh fruit and vegetables into people is extraordinary in my opinion," Souter said.

"We all know the obesity

rates in children, it's frightening. They just don't get enough. When they're on (money) restricted diets, they eat what fills them. What fills them is not healthy fruits and vegetables."

The provincial food bank association is encouraging farmers to donate extra produce that may not make the grade to sell at traditional markets because of shape, colour or size.

It's also hoping to find farmers willing to dedicate some of their land to growing produce for local food banks.

Currently, the association is working with six farms in Thunder Bay, London, Leamington, Brantford, Ottawa, Markham. The association covers the cost of production.

Among the participating farms is Plan B organic farms in Brantford, Ont., which will be contributing shares to the Hamilton site. Any leftovers will go to other food banks, including Niagara.

Co-owner Alvaro Venturelli said the venture will help those on the poverty line. But the \$37,500 he received to grow the food will barely cover his labour expenses.

"We'd like to see people who aren't just the rich and wealthy be able to eat organic, right?" said Venturelli, who has contributed to food banks for years and has rented 25 acres for the project to grow potatoes, carrots, onions and green beans.

"It seemed like a no-brainer."

Adam Spence, the association's executive director, said the network is looking for more project sites, including some in Niagara.

"We want to reach out to local farmers and packers in the Niagara region because there is tremendous potential there with all the high-quality fruits, in particular for low-income Ontarians," Spence said.

Souter said several farmers already deliver everything from tomatoes to eggplant to cherries to the food bank.

Community Care also runs Community Harvest Days in August, where area residents can contribute extra fruits and vegetables from their backyard gardens.

The Good Food Box program out of Welland offers local fruits and vegetables at a reduced cost.

The provincial food bank network is looking for volunteers to pick fruit and vegetables at farms that have extra produce. Donations to pay for the food program are accepted.

For more information, go to the Community Harvest Ontario website at: <http://www.oafb.ca/cho.html>.

mbeech@
stcatharinesstandard.ca

JULIE JOCSAR QMI Agency

Ruth Erkeleens, a volunteer at Community Care of St. Catharines and Thorold in the food prep area, is photographed with some of the fresh fruits and vegetables that are available for its clients.



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■ **PROJECT:** Staff to review costs, design features

Pelham youths want skate park built

MARYANNE FIRTH
Tribune Staff

PELHAM — If you build it, they will skate.

Town council reviewed a letter from area youth during Monday night's council meeting. Their request was simple — they want a skate or BMX park built within the town.

The letter was written by 11-year-old Bailey Neufeld, and signed by more than 30 other youth from the area.

Neufeld said there's a lack of space to skateboard or BMX in Pelham, driving youth to the roadways, which can be dangerous.

This isn't the first time the request for a skate or BMX

park has come before council, said Ward 2 Coun. Sharon Cook.

Not only has it come before council, the desire for that type of park has been brought up at Pelham's youth forums, she said.

Cook said it's the time the town "start playing closer attention" to the wants and needs

of area youth.

"We've asked for their input and they've given it. Now we need to act on it."

Ward 2 Coun. Dave Emmons wants to see the idea referred to staff immediately, so, if approved, the facility could be built in time to be used by the youth who signed the letter.

Ward 3 Coun. John Durley asked that the request not only be sent to the town's recreational facilities committee, but also to staff for review of costs and design features often included in these types of parks. His recommendation was approved by council.

mfirth@wellandtribune.ca

"We've asked for their input and they've given it. Now we need to act on it."

Sharon Cook
Pelham councillor, Ward 2



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■ **ROWING:** Kayla Wakulich, Trofym Anderson

South Niagara rowers named to national crews

JOHN VESSIOYAN
PelhamNEWS STAFF

Trofym Anderson went from attempting to make the Canadian junior national team to now trying to earn a medal at the World Rowing Junior Championships in the Czech Republic.

Last week the 18-year-old Pelham resident was told he was on the team of 13 men that will be heading to the village of Racice to race from Aug. 4 to Aug. 8.

The South Niagara Rowing Club member has a seat on the men's eight with Coleman Bak, Brockville Rowing Club; Spencer Freeman, Calgary Rowing Club; Jamie Law-Smith, Montreal Rowing Club; Quinten Richardson, Shawanigan Lake School; Steven Marino, St. George's School; Christopher Marshall, Brockville; Pat O'Shaughnessy-Hunter, Brockville; and Ryan Sanders,



QMI Agency

Pelham resident Trofym Anderson, 18, will be heading to the Czech Republic in early August to compete in the world junior rowing championships.

St. Catharines Rowing Club. The men's coach is Gavin McKay.

Anderson's South Niagara clubmate, Kayla Wakulich, has been named to the women's team that will be coached by Phil Marshall.

The E.L. Crossley

Secondary School student will be racing in the women's quad at the world championships with Renae Barks from Regina Rowing Club and St. Marissa Kump and Erin Snelgrove, both from the St. Catharines Rowing Club.

This will be the first world

championships for the 17-year-old daughter of Perry and Dianne Wakulich, but she has already become a familiar face in the winner's circle.

Since taking up the sport four years ago, Wakulich has won six gold medals at the

Canadian high school championships, three at the Royal Canadian Henley Regatta as well as a gold and silver in three trips to the Statesbury Cup Regatta in Philadelphia.

In the Czech Republic, she will be cheered on by her parents as well as her grandparents, Jim and Pierrette Bzd.

"For us the worlds will be a family affair," Dianne Wakulich said Thursday.

For Anderson, being selected to the junior national team means his effort and hard work over the past few months has paid dividends.

"I'm pretty excited. I'm really pumped," Anderson said in a telephone interview from Victoria, B.C., where national team selection took place.

The Crossley graduate has a busy summer and fall ahead. He'll be staying in British Columbia to train before flying to Europe for the worlds. After he returns



QMI Agency

South Niagara Rowing Club member Kayla Wakulich has been named to the women's national junior rowing team.

home, Anderson won't unpack his bags because he'll be traveling to George Washington University in Washington, D.C., where he will be studying business on a rowing scholarship.



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■ **SOFTBALL:** Junior Division softball hits the diamonds

Lampmans drops Lodde, Duliban edges out victory

For PelhamNews

On July 5, Herb Lodde & Sons Roofing played Lampman's Furniture in Fenwick Softball Junior division. Lampman's came out as victors in a close 12-7 decision.

Ethan Guitard had a nice out at third base for Lodde from a throw by Tommy Carson.

Lampman Stats: Spencer Kleniewski (single), Lauren Mancino (single, double), Ryan Dykstra (single, two doubles), Jenna Veerman (single, double), Krystyna Augustyn (two singles).

Lodde Stats: William Guitard (triple), Ethan Guitard (triple), Kaleigh Smith (single).

July 12, Lodde faced Duliban Insurance which saw Duliban pulling out a super close 7-6 victory. Ethan Guitard for Lodde tagged out Abigail

George of Duliban at home plate for the second out in the first inning. William Guitard stopped a ball from Cameron Sutcliffe and touched first base for an out for Lodde in the first. Andrew Guitard made a nice stop for Lodde in the out field.

Duliban Stats: Anthony Perna (single), Josh George (single, home run), Evan Howey (2 doubles), Brodie Morabito (single).

Lodde Stats: Kaleigh Smith (home run), William Guitard (triple), Ethan Guitard (home run), Daniel Guitard (triple).

July 13th, once again Lodde played an exciting 4.5 innings versus Lampman's. Lampman's squeaked out another 11-9 victory. Daniel Guitard got Emmerson Second out at second in the fourth inning for Lodde. Taryn Petrovski tagged Spencer Kleniewski and Emma

Farion out at third in the second for Lodde by throws from William Guitard. Kaleigh Smith got Jenna Veerman out at first in the first inning.

Lampman Stats: Lauren Mancino

(home run), Michael Dykstra (single), Ryan Dykstra (3 home runs), Kaitlyn Reece (home run, single), Spencer Kleniewski (single), Braddon Leney (single, triple), Emmerson Second

(double), Darren Sojka (single), Lodde Stats: William Guitard (single), Daniel Guitard (2 singles), Taryn Petrovski (triple), Ethan Guitard (2 singles), Kaleigh Smith (triple).

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■ **ROWING:** Brendan Coffey, Ben Cushnie

Pelham pair compete at both Henleys

BERND FRANKE,
PelhamNEWS Staff

This country's premier rowing event, the Royal Canadian Henley Regatta, is hardly a comfortable float on Martindale Pond as far as effort and execution are concerned.

However, for two Brock University rowers, next month's showcase in St. Catharines is expected to be much smoother sailing compared to what they experienced when they raced as part of a men's eight at the Henley on the other side of the pond.

At Henley on the Thames in England, Brendan Coffey and Ben Cushnie not only had to get used to rowing a greater distance, 2,112 metres compared to the 2,000-metre standard at regattas in Canada, the longtime friends and E.L. Crossley Secondary School graduates also had to get accustomed to racing against the current.

"You're always going against the flow and sometimes the current can be strong. That's why the times from the English Henley seem slow compared to our winning times here," said Cushnie, 20, who will begin his third year majoring in business administration at Brock when classes resume in September.

Their crew, which was preselected to compete at the prestigious international



BERND FRANKE Staff Photo
Pelham residents Brendan Coffey, left, and Ben Cushnie prepared for next month's Royal Canadian Henley Regatta in St.

Catharines by competing at the real thing, Henley on the Thames in England. They were part of a Brock University men's eight that advanced to the quarterfinals in a crowded field that included 65 entries in their event alone.

competition after first place finish at the Dad Vail Regatta in Philadelphia, also found themselves up against more than the current and world-class competition when the Brock eight arrived in the little community outside of London late last month. They had to contend with the wake from the random pleasure craft that shared the "perfectly straight" stretch of rowers who competed head

to head in match races.

"There were no marks on the course, so you have no idea of where you are going," Cushnie said.

If that wasn't enough to throw a crew that also included Corey Brunton, Sylan Coletto, Josh Gracin, Travis King, Thomas Morley and coxswain Alessia DeKaneas off coach Peter Somerville's race plan, there was also the need to maintain

focus amid the "festival-like atmosphere."

"It was pretty amazing. The whole event was like a festival more than anything," Cushnie said in recalling that the banks were lined with upwards of 5,000 people for the June 30 to July 4 competition.

Brock held its own by competing in three races and advancing to the quarterfinals in a field that featured

65 entries and left crews no margin for error. For crews at the English Henley, every race is must win.

"If you lose, then you're down," Cushnie said.

Though disappointed that the Brock boat couldn't have made it deeper into the competition, Coffey wouldn't have missed the opportunity to row on the world's most historic course.

"It was amazing to be a

part of those races. It was an amazing experience," said Coffey, a Brock kinesiology major who, along with Cushnie, will be competing for the St. Catharines Rowing Club at the Royal Canadian Henley Regatta.

"I came back with more of a passion to race in the summer and in the fall."

Coffey, 22, credited Brock's strong showing at Henley on the Thames to the weeks of training against the current at the Badgers' home course on Martindale Pond. He added that even-changing weather conditions on the St. Catharines course also helped greater in easing the adjustments his crew had to make for racing in England.

"It was definitely a great place to train. On any given day, you can row against any number of conditions, from headwinds to tailwinds," Coffey said.

Though they're preparing to enter the third and final year of their university studies, respectively, Cushnie and Coffey have no plans to give up rowing any time soon.

Both Pelham residents want to do well at the Canadian Henley and enjoy a strong collegiate season with the Badgers in the fall. After that, Cushnie would like to try out for the under-23 national team, with Coffey setting his sights on the senior national team.

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• Minimum 3 years related work experience
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Please apply with a cover letter and resume by August 5th, 2010 to Devin Richardson, Program Director, YMCA of Niagara
310 Woodlawn Road, Welland, ON L3C 7N3
Email: dnrichardson@ymcawniagara.ca
Only those applicants being considered by an interview will be contacted

For more details, go to www.ymcawniagara.org

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NO. 1 GRADE ONTARIO CELERY HEARTS
EA.

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■ CHARITY: Fundraiser Aug. 15

Cyclists sought for heart and stroke ride

For PelhamNEWS

Cyclists from across Niagara are invited to join the annual Pedal 100 for Heart and Stroke cycling event on Sunday Aug. 15. The event will start & finish at Henley Island in Port Dalhousie, St.Catharines. There are a variety of routes from 30 kilometres to 160 kilometres to through West Niagara to choose from for every type of cyclist!

Register today to get pedal-ling for a worthy cause! The registration fee is \$40/person and cyclists are asked to make a minimum pledge of \$100 to support life saving heart disease and stroke research and receive:

- A Heart and Stroke Foundation T-shirt
 - Fully supported routes
 - A delicious heart healthy meal will be provided after the ride by Rossie's Catering
- To Register: visit: www.dl4forheart.ca/pedal100 & click "register online" & fill out required information or call the Niagara office at (905) 938-8800

Last year over 500 cyclists took part, raising over \$48,000 to support the Heart and Stroke Foundation's work in research, advocacy and health promotion.

"This year we hope to engage more participants from within Niagara and introduce them to this great event which embodies personal challenge and an opportunity to impact Canada's leading cause of death for both men and women," says Sara Belanger, Niagara Area Co-ordinator. The Heart and Stroke Foundation's 2010 Annual Report on Canadian Health warned that, without swift action, a "perfect storm" of risk factors and demographic changes is threatening to decimate our communities.

Here are just a few of the alarming statistics that many

of your communities likely don't bliss: it could kill them.

Heart disease and stroke are already the No. 1 killer of Canadians both women and men.

Between 1994 and 2005, Canadians' rates of the most serious risk factors for those diseases rose dramatically: for instance, high blood pressure skyrocketed by 77%, diabetes shot up by 45% and obesity rose by 18%.

Among Canadians aged 35-49, high blood pressure increased by 127%, diabetes by 64% and obesity by 20%.

Every year, more women in Canada die from heart disease and stroke than all forms of cancer combined, and this rate is rapidly worsening.

Childhood obesity rates have tripled over the past 25 years, and rapidly increasing rates of cardiovascular risk factors among children mean that today's parents' worst nightmare — that they will outlive their children — is threatening to become a reality.

According to our researchers, however, there is still hope, because 40% of premature deaths occur due to poor health behaviors. And many public health initiatives are working hard to change.

In fact, healthy behaviour can reduce 8 out of the 12 major risk factors for cardiovascular disease, and a concerted program of cardiovascular research and public health information is capable of decreasing the annual deaths from heart disease and stroke by 25%!

But we need to act quickly, and we need the help of the community to help us get the message out about what Canadians can do to prevent heart disease and stroke.

Put your heart into it today for someone you love who needs to affect heart disease or stroke and sign up today for the Pedal 100 for Heart&Stroke.

This year we hope to engage more participants from within Niagara and introduce them to this great event which embodies personal challenge and an opportunity to impact Canada's leading cause of death for both men and woman."

Sara Belanger, Heart and Stroke Foundation